



# Germantown Indoor Swim Center

18000 Central Park Circle, Boyds, MD 20841 • (240) 777-6830 • [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)  
Montgomery County Recreation Department - Aquatics Section

## 2012 Summer Deep Water Running/Exercise Area Schedule • June 9, 2012 - August 17, 2012

Recreation Pool							Competition Pool		Summary Schedule
Water Walking and Exercise Lane							Lane 10		Competition Pool
									Lane 1 Deep Water Running Availability
									Monday-Friday 6:00 AM - 9:30 AM
									Monday 11:30 AM - 7:30 PM
									Wednesday 11:30 AM - 8:30 PM
									Tuesday & Thursday 10:30 AM - 8:30 PM
									Friday 10:30 AM - 9:00 PM
									Saturday & Sunday 8:00 AM - 10:00 PM
									1:00 PM - 3:00 PM
									4:00 PM - 6:00 PM
									**No Deep Water Running Available**
									Monday & Wednesday 10:30 AM - 11:30 AM
									Monday 7:30 PM - 8:30 PM
									Wednesday 8:30 PM - 9:30 PM
									Tuesday & Thursday 9:30 AM - 10:30 AM
									Recreation Pool
									Water Walking and Exercise Lane
									Monday-Friday 6:00 AM - 9:00 AM
									Friday 5:30 PM - 7:00 PM
							Lane 1		

### Special Notes:

- This schedule represents the minimum time allotted for this activity.
- When performing deep water running in the lane, move in a circular fashion, do not move down the lane 2 or more abreast.
- This Deep Water Running schedule may change to accommodate special events or holiday activities. Check the posted notices in the lobby.